

Compass

Helping carers of young people understand their loved one's eating disorder.

Ten coaching sessions with a trained Programme Officer, delivered over Zoom. Compass can complement our other carer programmes as part of a supportive pathway or be used alone to begin a carer's journey through their loved one's recovery.

Who is it for?

Compass is for carers of young people (aged 12-17) who have been recently diagnosed with an eating disorder (Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder and OSFED) and are yet to start treatment.

Intended outcome

Carers have a stronger insight into their loved one's eating disorder and understand their role within the young person's journey to recovery. They have the foundation of knowledge and resources, including psychoeducation and support plans, to prepare them for any treatment that may be ahead.

Duration and intensity

One 50-minute video-based session each week for ten weeks.

Details

The aim of Compass is to provide a safe space for carers to talk openly about their situation, share their emotions and look for supportive strategies.

Compass will enable carers to have the foundation of knowledge and resources, including psychoeducation and support plans to prepare them for their young person's treatment plan that maybe ahead. Carers will be provided with a copy of *Help Your Teenager Beat an Eating Disorder* by James Lock and Daniel Le Grange. This will be a valuable resource that will be used within sessions.

More information

For more information about this service or a partnership with Beat, please contact the Public Sector Commissioning team via publicsectorcommissioning@beateatingdisorders.org.uk.

This is one of a series of services which Beat provides in support of clinical eating disorder services. A full list is available at www.beateatingdisorders.org.uk/commission-us.

Other services for carers of people with eating disorders:

- Nexus carer support: weekly coaching calls from a trained Beat Programme Officer.
- Solace: weekly video peer support groups facilitated by a clinician and a Lived Experience volunteer.
- Developing Dolphins: a series of five weekday evening sessions, delivered over Zoom by experienced eating disorder clinicians and lived experience tutors.
- Raising Resilience: a follow-up to Developing Dolphins via weekly live workshops over Zoom to help carers tackle specific challenges.

Beat and the public sector working in partnership

Beat works with public sector partners across the United Kingdom to support people and their loved ones in their recovery journeys. We can provide non-clinical support quickly, effectively, and as early as possible, to complement the work of health professionals.

We can provide some of our services free of charge. For other services we have to pass on our costs to you, but we never take a profit from our work with public sector partners.

We provide services in the following areas:

- Direct support to people with an eating disorder
- Training and support for family members and others caring for a loved one with an eating disorder
- Support and training for clinicians
- Strategic support to health care providers

We develop all our services in consultation with clinical and academic partners. We co-produce our services with our beneficiaries, with guidance from our multidisciplinary Clinical Advisory Group of senior clinicians, who provide guidance across all our areas of work.

Our services are delivered by trained Beat personnel – both staff and volunteers. These include experienced eating disorder clinicians, trained Beat staff and volunteers with ongoing access to supervision by an experienced clinician.